

WHEREAS, the use of illegal drugs and prescription drugs and the abuse of alcohol and nicotine constitute the greatest threats to the well-being of America's children; and

WHEREAS, 12 years of surveys conducted by The National Center on Addiction and Substance Abuse (CASA) at Columbia University have consistently found that the more often children and teenagers eat dinner with their families the less likely they are to smoke, drink and use illegal drugs; and

WHEREAS, teenagers who eat dinner with their families two times a week or less are twice as likely to drink alcohol and smoke cigarettes, compared to teens who have frequent family dinners; and

WHEREAS, teenagers who eat dinner with their families are half as likely to smoke cigarettes, smoke marijuana and drink alcohol; and

WHEREAS, the correlation between family dinners and reduced risk for teen substance abuse are well documented; and

WHEREAS, parental engagement is known to be one of the most crucial factors in determining the likelihood of substance abuse by teenagers; and

WHEREAS, family dinners have long constituted a substantial pillar of family life in America.

NOW, THEREFORE, I, Robert A. Cashell, Sr., Mayor of the City of Reno, Nevada, do hereby proclaim

**September 24, 2007,
the fourth Monday in September, as
FAMILY DAY – A DAY
TO EAT DINNER WITH
YOUR CHILDREN™**

In and for the City of Reno, and I encourage all citizens to recognize
and participate in its observance by turning off the television
and telephones and enjoying dinner as a family.

IN WITNESS WHEREOF, I have set my hand
and caused the Seal of the City of Reno, Nevada,
to be affixed this twelfth day of September 2007.

Robert A. Cashell, Sr., Mayor
City of Reno

ATTEST:

Lynnette Jones, City Clerk
City of Reno